

## General Overview comparing the Requirements of Registration for

Dutch State-registered “Psychotherapeut” with European EAP-registered “Psychotherapist ECP”  
180805

|   | REQUIREMENTS DUTCH STATE REGISTERED “PSYCHOTHERAPEUT”   | REQUIREMENTS EUROPEAN EAP REGISTERED: “PSYCHOTHERAPIST ECP”   |
|---|---|---|
| Preliminary Education:                        | <p>MA (4 years) in:<br/>Psychology, Psychiatry, Pedagogy, Mental Health Care Sciences, Medicine</p> <p><i>(or equivalent MA with the elements: theories re. personality, psychophysiology or psychosomatology, psychopathology, developmental psychology, psychopharmacology, psychocultural problematic, sexology, communication training, interaction training, 30 day working practise in a Mental Health Institute)</i></p>   | <p>BA (4 years) in:<br/>Human or Social Sciences (4 years of education including 1 year of supervised practise).<br/>Degree from an Institute for Higher Professional Education (“HBO”= first University degree BA)</p> <p><i>(or equivalent BA with additive courses)</i></p>  |
| Totally hours specific Psychotherapy Training | <b>1280 hrs</b>   | <b>3200 hrs</b>   |
|   | <p><b>400 hrs theory / Compulsory courses / training modules as specified by law; (No time period mentioned)</b></p> <p>a. basic aspects/elements of psychotherapy<br/>b. training in verbal techniques and interaction, pointed to practical application within psychotherapy<br/>c. intake and indication<br/>d. psychopathology<br/>e. specific group problems related to different age, different social backgrounds and culture<br/>f. psychotherapeutic frames of reference to psychoanalytic therapy, behavioural therapy, experiential therapy and system therapy, based on respectively psychoanalytic theories, the learning- and cognitive theories, the experiential theories and the system theories.<br/>g. introduction in all different modalities re. psychotherapeutic frame work<br/>h. introduction basics and characteristics of group processes<br/>i. characteristics of the ambulant, the by day-care and clinic practise situation<br/>j. specific ethics of the profession<br/>k. recent developments about scientific investigation concerning psychotherapy<br/>l. quality of practising and the profession</p> <p><b>min. 180 hrs</b></p> <ul style="list-style-type: none"> <li>- Psychotherapy Modality Training (no time period mentioned)</li> <li>- no description of the contents</li> </ul> | <p><b>1800 hrs General Psychotherapy Education 11 compulsory modules<sup>1</sup> (3 years):</b></p> <ul style="list-style-type: none"> <li>- Psychopathology and psycho diagnostics (DSM) .....min. 376 hrs</li> <li>- 4 modules Intervention Repertory...min..300 hrs</li> <li>- Development Psychology .....min.150 hrs</li> <li>- Pedagogy (incl. sexual development) min.150 hrs</li> <li>- Social problems in relation to Psychotherapy .....min.150 hrs</li> <li>- Philosophy in relation to Psychotherapy..... min.150 hrs</li> <li>- Law and Ethics in relation to Psychotherapy .....min.150 hrs</li> <li>- Scientific research methods .....min. 210 hrs</li> <li>- Eventually: negotiated module e.g. Basic Medical knowledge in relation to Psychotherapy .....min.164 hrs</li> </ul> <p><i>(exemption of modules is possible, depending preliminary education, and / or other courses)</i></p> <p><b>500-800 hrs (depending the modality / EWAO)</b></p> <ul style="list-style-type: none"> <li>- Psychotherapy Modality Training (min. 4 years):</li> <li>- Theory &amp; methodology, including psychopathology conform the modality</li> </ul> |

<sup>1</sup> Our National Accrediting Organisation NAP considers this as an upgrade from BA-level to the level of MA-General Psychotherapy

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|  | <p><b>50 hrs</b><br/>Self-experience hours e.g. training analysis, personal therapy</p> <p><b>500 hrs</b><br/>Psychotherapy sessions with children, adult and elderly people : with at least 50 hrs with individual adult clients.</p> <p><b>150 hrs</b><br/>Supervision</p>  | <p><b>250 hrs</b><br/>Self-experience hours e.g. training analysis, personal therapy</p> <p><b>500 - 600 hrs (TAC / NAP)</b><br/>Psychotherapy sessions under regular supervision.....<br/><i>During 4 years work experience in psychotherapy under supervision, with min. 3 clients per week, (children, adults and elderly people).</i></p> <p><b>150 hrs</b><br/>Supervision</p> |
| Work experience                                | <p><b>2400 hrs (4 years)</b><br/><b>work experience in the working field of psychotherapy</b></p>   | <b>No hours mentioned</b>   |
| Training years inclusive Preliminary Education | 8   | 11  |
| Accessibility                                  | <p><b>In the past</b><br/>2 years experience in an ongoing job in a State recognised Mental Health Institute and obligatory working. The training is restricted till about 44 new trainees per year, in order to keep the offer small and secure a working place during and after finishing the study / controlling the expenses for mental health care by the State: re. law General Reimbursement Health Care Expenses (Wet AWBZ).</p> <p><b>Last 2 years</b><br/>No psychotherapy training started</p> <p><b>2005/2006</b><br/>New start is foreseen: under condition of an ongoing job in a State recognised Mental Health Institute and obligatory working. So there is no freedom to chose for an education for this profession in the Netherlands.</p> | Unlimited   |